Three Pillars SENIOR LIVING COMMUNITIES

Week Four

Monday 10/5	Tuesday 10/6	Wednesday 10/7	Thursday 10/8	Friday 10/9	Saturday 10/10	Sunday 10/11
Breakfast	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**
Cranberry, Apple, or Orange Juice	Cranberry, Apple, or Orange Juice	Cranberry, Apple, or Orange Juice	Cranberry, Apple, or Orange Juice	Cranberry, Apple, or Orange Juice	Cranberry, Apple, or Orange Juice	Cranberry, Apple, or Orange Juice
Oatmeal (C.C/ H.H)	Cream of Wheat (C.C/ H.H)	Cinnamon Apple Oatmeal (C.C/ H.H)	Cream of Wheat (C.C/ H.H)	Oatmeal (C.C/H.H)	Cream of Wheat (C.C/ H.H)	Oatmeal (C.C/ H.H)
Hashbrowns	Sausage Patty	Cream Cheese Frosted Long John	Assorted Bagels and Cream Cheese	Breakfast Casserole	Chocolate Chip Muffin	Blueberry Pancakes
Mandarin Oranges	Tropical Fruit	Fruit Cocktail	Banana	Chilled Pears	Chilled Peaches	Applesauce
Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt
Pancakes or French Toast	Pancakes or French Toast	Pancakes or French Toast	Pancakes or French Toast	Pancakes or French Toast	Pancakes or French Toast	Pancakes or French Toast
Poached, Scrambled or Fried Eggs (C.C/ H.H)	Poached, Scrambled or Fried Eggs (C.C/ H.H)	Poached, Scrambled or Fried Eggs (C.C/ H.H)	Poached, Scrambled or Fried Eggs (C.C/ H.H)	Poached, Scrambled or Fried Eggs (C.C/ H.H)	Poached, Scrambled or Fried Eggs (C.C/ H.H)	Poached, Scrambled or Fried Eggs (C.C/ H.H)
White or Wheat Toast	White or Wheat Toast	White or Wheat Toast	White or Wheat Toast	White or Wheat Toast	White or Wheat Toast	White or Wheat Toast
Raisin Bran, Frosted Flakes, Honey Nut Cheerios, Rice Krispies	Raisin Bran, Frosted Flakes, Honey Nut Cheerios, Rice Krispies	Raisin Bran, Frosted Flakes, Honey Nut Cheerios, Rice Krispies	Raisin Bran, Frosted Flakes, Honey Nut Cheerios, Rice Krispies	Raisin Bran, Frosted Flakes, Honey Nut Cheerios, Rice Krispies	Raisin Bran, Frosted Flakes, Honey Nut Cheerios, Rice Krispies	Raisin Bran, Frosted Flakes, Honey Nut Cheerios, Rice Krispies
Lunch	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**
Pretzel w/ Cheese Sauce	Blueberry Fluff Salad	Lettuce Salad w/ 1000 Island dressing	Apple Slices & Caramel Dip	Confetti Jello	Macaroni Salad	Cottage Cheese w/ Diced Mango
Grilled Brats w/ Onions	Chicken Parmesan	Cheesy Tuna Casserole	Beef Ravioli w/ Marinara	Battered Cod	Sweet n Sour Pork	Sugar Glazed Ham
Coleslaw	Peas and Carrots	Zucchini	Garlic Toast	Sweet Corn	Broccoli	Mashed Sweet Potatoes
Potato Salad	Buttered Noodles	Diced Strawberries	Roasted Brussel Sprouts	Potato Pancakes	Rice	Purple Cauliflower
Strawberry Cream Pie	Double Chocolate Chip Cookie	Frosted Lemon Cake	Blonde Brownies	Peanut Butter Bars	German Chocolate Cake	Coconut Cream Pie
--- Entrée Two ---	--- Entrée Two ---	*--- Entrée Two ---*	*--- Entrée Two ---*	*--- Entrée Two ---*	*--- Entrée Two ---*	*--- Entrée Two ---*
Sloppy Joes	Patty Melt	Vegetable Lasagna	Fried Chicken Legs	BBQ Pork Ribs	Lemon Dill Tilapia (C.C/ H.H)	Chopped Beef Brisket w/ Jack Daniels BBQ
Coleslaw	Peas and Carrots	Zucchini	Mashed Potatoes	Sweet Corn	Broccoli	Mashed Sweet Potatoes
Potato Salad	Mixed Fruit	Diced Strawberries	Roasted Brussel Sprouts	Potato Pancakes	Creamy Rice Risotto	Purple Cauliflower
Dinner	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Dinner**
Beer Cheese Soup	Potato Onion Soup	Minestrone	Chili	Chicken Dumpling Soup	Beef Barley Soup	Chicken and White Bean
Grilled Chopped Steak w/ Onion Gravy (C.C)	Old Fashioned Ham Salad Sandwich	Cheeseburger Pasta	3 Cheese Grilled Cheese	Creamy Chicken Casserole	Hot Dog	Hot Roast Beef & Cheddar Sandwich
Roasted Potatoes	Sunchips	Spice Pears	Mandarin Oranges	Side Salad w/ French	Twister Fries	Diced Pineapple
Broccoli Cranberry Salad	Creamy Cucumber Salad	Capri Blend Vegetables	Green Beans	Dinner Roll	Pickled beets	Ripple Chips
Ice Cream or Cookie	Ice Cream or Cookie	Ice Cream or Cookie	Ice Cream or Cookie	Ice Cream or Cookie	Ice Cream or Cookie	Ice Cream or Cookie
--- Entrée Two ---	*--- Entrée Two ---*	*--- Entrée Two ---*	*--- Entrée Two ---*	*--- Entrée Two ---*	*--- Entrée Two ---*	*--- Entrée Two ---*
Southern Fried Fish	Grilled Smoked Turkey and Cheese	Cream Cheese & Cinnamon French Toast	Popcorn Chicken	Stuffed Cabbage Rolls (C.C)	Chicken Patty Sandwich	Shrimp Salad on Lettuce w/Tomato (C.C/ H.H)
Roasted Potatoes	Sunchips	Spice Pears	Green Beans	Side Salad w/ French	Twister Fries	Ripple Chips
Broccoli Cranberry Salad	Creamy Cucumber Salad	Sausage Links	Mandarin Oranges	Dinner Roll	Pickled Beets	Diced Pineapple

C.C= Consistent Carbohydrate Diet Entrée: Pair with fruit and/or a non-starchy vegetable. Limit refined carbohydrates, sugary beverages, and desserts. Sub white bread for whole wheat!

H.H= Heart Healthy Diet Entrée: Pair with fruit, vegetables, and whole grains. Limit added salt, saturated fats, and fried foods

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Menu subject to change based on availability.